

**InfiniSynechis Volume 4, Issue 5, May 2024**  
US ISSN 2689-3177

---



Fearless Hearts Foundation  
[www.fearlessheartsfoundation.org](http://www.fearlessheartsfoundation.org)

---

*Welcome to the 5th issue, Volume 4, of **InfiniSynechis**, a publication of Fearless Hearts Foundation*

---

## **Foundation News & Updates**

*All Foundation News and Updates can be found on the foundation website*

---

## **Conscious Living**

*Adjusting to Lifes' Transitions*

*Life is a flow. Transitions happen whether we like it or not. Your big business transaction, a loved one dies,*

---

[Home](#) | [Archives of InfiniSynechis](#) |

*InfiniSynechis Volume 4, Issue 5 May 2024 page 1 of 8*

*InfiniSynechis is a publication of Fearless Hearts Foundation*

*Copyright © 2024 Fearless Hearts Foundation, All rights reserved.*

*your relationship ends, you were denied a promotion, you got laid off, a sudden illness.*

*Impermanence is the nature of everything outside of ourselves. It is not the moments that we label “big” that require our full attention. It is the moment to moment change.*

*When we pay attention, there can never be “big” moments.*

*A samurai lives each moment ready to die at any other moment, either through the hands of his opponent, or his own. In this way, he is fearless, and that is how we should all be.*

*It is hard to imagine the loss of a loved one through separation or divorce or death. The pain is an indication of attachment.*

*One wise man told me that all relationships come to an end, either voluntarily or involuntarily. He meant ALL relationships.*

*The separation from a person, whom you have spent a*

*lot of your time with, is painful. There is always a sense of rejection and an endless tirade of questions mostly directed against ourselves.*

*We ask if we could have done something differently and better, but the answer is that we did all we can given the circumstances. Guilt leads to self condemnation.*

*Our children will grow old and have a life of their own and no matter how much we cling to them as children, we have to also honor their own paths to growth.*

*We also have to accept the fact that our bodies will also grow old and eventually die and decay.*

*In some religious sects, one of the practices to cease the identification with this body is to look at a decaying corpse and contemplate impermanence.*

*Leaving a job, voluntarily or involuntarily is not always easy. We somehow identify with what we do and it is fearsome to lose that identity, eventually we realize that we are so much more than what we did.*

*Transition points are points of change and therefore*

## **InfiniSynechis Volume 4, Issue 5, May 2024**

**US ISSN 2689-3177**

---

*points of power. The power to choose which direction we would take. If we would only go with the path of least resistance then our choice would be a wise one.*

*If you are at a point of transition in your life, here are the things that you can do:*

*Take a day off from everything and everyone. If you have children, arrange for them to be with your friend or a babysitter for the whole day.*

*Clean your closet and ask yourself, do I love myself when I wear this outfit when I look in the mirror? If the answer is no, donate it to the Salvation Army or Goodwill. It will make you feel good.*

*Spend a day at the spa. You deserve to be pampered. You deserve to be pampered regardless but especially so now because you are forming a new relationship with yourself.*

*You will be your own best friend from now on. Do something or buy something that will symbolize a*

---

[Home](#) | [Archives of InfiniSynechis](#) |

*InfiniSynechis Volume 4, Issue 5 May 2024 page 4 of 8*

*InfiniSynechis is a publication of Fearless Hearts Foundation*

*Copyright © 2024 Fearless Hearts Foundation, All rights reserved.*

## **InfiniSynechis Volume 4, Issue 5, May 2024**

**US ISSN 2689-3177**

---

*new beginning. It is up to you.*

*Rearrange furniture. Give away the ones you do not absolutely adore.*

*Plant a tree. If you do not have a backyard, then use a planter to plant perennials.*

*Go to a shop that you have never been before, not to buy, but to appreciate and admire.*

*Break out the china and the goblets and make yourself a favorite dinner as if you are having the finest guest you can have in your town. You are the finest guest in town.*

*Take your car to the car wash or wash it yourself as if it were the car you have always dreamed of having and now you have it. You will appreciate your car more because this time, you will spend time with it.*

*Try on one of the clothes that you chose to keep and go to the supermarket in them. Why not?*

*Clear away the clutter on your desk.*

---

[Home](#) | [Archives of InfiniSynechis](#) |

*InfiniSynechis Volume 4, Issue 5 May 2024 page 5 of 8*

*InfiniSynechis is a publication of Fearless Hearts Foundation*

*Copyright © 2024 Fearless Hearts Foundation, All rights reserved.*

*Go through your cupboards and remove those gadgets that you bought but only used once or twice.*

*After the day you spent with yourself, did you like your own company? Now you are ready to go back, but it is really not the same anymore is it? The house is cleaner, there is more space, you look at yourself in the mirror and you say, hey, not too bad!*

*You don't have to go through transitions to experience a renewed love for yourself, your life. Every time you breathe and you pay attention to your breathing, not controlling, but just paying attention, you cultivate it. Try it.*

## **Philanthropy**

---

Philanthropy

[Kenneth C. Griffin](#), Founder and CIO of [Citadel, LLC](#) and [Citadel Securities](#) has donated generously to education alleviating poverty by education, arts and museums

## **Business Insights\***

We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business. <https://fearlessheartsfoundation.com>

---

*Fundamentals of Being in Business. A sample business plan template is available for download here*

---

*Business Plan Template*

---

*Business Ideas: Adjusting to the Current Business Climate  
What Investors Want from a Business*

---

*Commentary*

---

## **Fundraising Announcement**

---

*Fearless Hearts Foundation is a public charity and welcomes any donation. To donate click on the web link below*

<https://fearlessheartsfoundation.org/donater>

---

## **Feedback**

*We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for a review.*

*Please send your comments/feedback to us at [fhfinusa@gmail.com](mailto:fhfinusa@gmail.com)*

*fearlessheartsfoundation*